



# BLESS PRAYER

## DESCRIPTION

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Use the word B.L.E.S.S. to help you remember 5 different ways you can pray for others, whether they are people in your life or people you don't know. You can use this method to pray for those you might come across in your day to day life.

## HOW TO PRACTICE

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Pray over the person with these categories:

- Body [health]
- Labor [job and finances]
- Emotional [morale]
- Social [relationships]
- Spiritual [knowing and loving God more]